

# SUGGESTION

THE NEW PSYCHOLOGY MAGAZINE

JUNE  
10 cents

Psychic Research  
Auto-Suggestion  
Suggestive  
Therapeutics  
Drugless Healing  
Personal Magnetism  
Thought Power  
Health  
Happiness  
Success

HERBERT A. PARKYN, M. D., Editor  
Published Monthly at 4020 Drexel Boulevard, Chicago, Ill.

# AUTO-SUGGESTION,

## What It is and How to Use It for Health, Happiness and Success

By Herbert A. Parkyn, M.D., C. M., 192 pp., cloth and gold;  
handsomely printed on heavy paper. A book for thinkers.

This is one of the most helpful, practical books of the age. It deals in facts, not theories; it is plain, simple, concise, practical and tells how to use inherent psychic powers to bring results.

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Auto-suggestion. What it is and how it operates.  
Auto-suggestion. Its effects and how to employ it to overcome physical troubles.  
Auto-suggestion. How to employ it to overcome mental troubles.  
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Auto-suggestion. The diagnosis and treatment of a typical case of chronic physical suffering.  
Auto-suggestion. The basis of healing, how psychic pictures are made realities by auto-suggestions.

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# SUGGESTION

A Magazine of the New Psychology

"Man's whole education is the result of Suggestion"

SUGGESTION PUBLISHING CO., 4020 Drexel Blvd.

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## Disastrous Newspaper Suggestions

BY HERBERT A. PARKYN, M. D., C. M., MEDICAL SUPERINTENDENT  
OF THE CHICAGO SCHOOL OF PSYCHOLOGY, 4020  
DREXEL BLVD., CHICAGO, ILL.

### V.

THE student of the Law of Suggestion knows that persistent thoughts of sickness will procure sickness through auto-suggestion, and that fear of disease assists in developing the disease. Medical students while studying various diseases frequently suffer from symptoms of the disease they are studying, in spite of the fact that they are trained in anatomy, physiology, etc. But if a medical student in spite of his training can be influenced adversely by reading symptoms of disease, what must be the effect upon untrained minds of the subtle, lying advertisements of patent medicines with which the columns of the daily papers are filled.

There are a thousand and one things besides kidney trouble which may cause a dull or heavy or sharp or acute pain in the back, and there are many things besides kidney trouble which may increase the number of calls to empty the bladder, or cause the urine to be "thin" or "thick" or red or pale or foamy or full of sediment or copious or scanty, and yet an advertisement in a daily paper lying before me under the heading "A Silent Unseen Foe" gives these symptoms as certain signs of kidney trouble and says:

"Beware the hidden foe, the unseen danger.



"The most insidious disease that mankind has to fear is that which attacks the kidneys. It comes on so silently, gains ground so rapidly, is so destructive, that thousands are lost who might have been saved in the beginning.

"And yet like any other human ill, kidney sickness gives early warning of its presence, and these danger signals are quite easy to detect. Neglect, not ignorance, is usually the fatal error.

"Signs of kidney trouble come either from the back or from the bladder, in back ache or some irregularity of the urine."

Then follows the list of symptoms I have already mentioned, after which the reader is assured he will be saved a life of suffering if he will run at once to a drug store and buy a certain brand of pills at 50 cents per box—regardless of the patient's habits of eating, drinking, breathing and thinking, upon which, it is a demonstrable fact, the health of every living thing depends.

The reading of this advertisement may not affect you or me, my reader, because we have given more or less attention to the study of health, and the statements in this advertisement are ridiculous to us, for we know that heat and cold and fluids and food all have their positive effects in causing changes in the urine even after it is voided, and that fear or worry or grief or nervousness all have a positive effect on the bladder and the operation of the kidneys. But think of the influence of this advertisement upon the thousands who read it who know nothing about physiology or health or hygiene, but who may have one or more of the common but generally innocent symptoms published in the advertisement.

I have been consulted by hundreds of people, and have received letters from hundreds of others who have been made semi-invalids for years from reading advertisements of kidney cure patent medicines.

Here is another advertisement advertising a laxative medicine. The advertisement is entitled "TOO LATE?" and there is an illustration of a weeping mother at the bedside of a dying child.

Here is the advertisement:

"Mama! Don't be frightened—but be warned!

"Every Mother knows, or *should know*, that the *terrible Mortality* among little children is caused by *Stomach and Bowel troubles*. Colic, Sour Curd, Cholera Infantum, Summer Complaint, Measles, Rashes, Scarlet Fever—even Mumps—have their *first cause* in *constipation*.

"The *Delicate Tissues* of Baby's Bowels will not stand rough treatment. Salts are too violent, and Castor Oil will only grease the passages, but will not *make and keep them* Clean, Healthy and *Strong*.

\* \* \*



"There is no other medicine as safe for a child as Blank, the fragrant little Candy Tablet, that has saved thousands of families from unhappiness.

"The Nursing Mother even in good health should always keep her own Bowels Loose, and her Milk Mildly Purgative by taking Blanks at night before going to bed.

"No other medicine has this remarkable and valuable quality (excepting plenty of pure water H. A. P.). Mama takes the Blank. Baby gets the benefit.

"Blanks act like strengthening exercise on the weak little bowels of the growing babe, and make them better able to get all the Nourishment out of Baby's Natural Food."

Yes! poor Mama is constipated because the family newspapers do not devote some of the space given to patent, poisonous nostrums to telling mothers how to live properly. And because Mama is constipated baby is constipated also. If Mama would drink two or three quarts of liquids daily while nursing her child and eat plenty of fruits and vegetables, she would not be constipated, neither would her baby. Nor would the baby suffer from stomach and bowel troubles. But, not knowing this, Mama sees the advertisement of the laxative, buys it, takes it, and gives some to baby. Of course the medicine operates on Mama and baby, and Mama continues to give and take the laxative until enormous doses are being taken and a stronger laxative must then be found. Meanwhile Mama is running down, she is becoming nervous and fretful and many other symptoms develop until she joins the ranks of the millions of chronic hopeless sufferers who patronize the patent medicine counter.

Constipation is a symptom which can be overcome only by instituting proper methods of eating and drinking. Laxatives will not take the place of liquids and food, and although medicines may cause the bowels to move they do not remove the cause of the constipation, and if the actual cause (usually insufficient water drinking) is not corrected, many other symptoms of physical deterioration will develop, just as symptoms of deterioration will develop in a plant or tree that does not receive sufficient water.

Other advertisements give a list of common symptoms accompanied by an illustration of a man clutching at his heart, in the act of falling. These ordinary symptoms are declared to be certain signs of terrible heart trouble, and the advertised medicine of course is said to be the only certain relief.

#### DISEASES CAUSED BY WRONG LIVING.

I have had patients come to me who have believed for years they were sufferers from heart disease, on account of reading advertise-

mnts of this nature, altho, with scarcely an exception, their symptoms were caused by defective work of the stomach due to overeating, or to imperfect mastication of the food, or to drinking too little liquids, or to violating some other simple health requirement.

Some of these patients had lost their teeth through decay and could not properly masticate the food they ate. Patients of this class required a dentist, and I have seen all the symptoms they attributed to heart trouble disappear shortly after they had secured a good set of "store teeth" and learned to use them to masticate their food thoroughly.

I do not claim that these patent medicines do not relieve some cases: the very element of suggestion aroused by taking them has some beneficial effect, especially when the greater part or all of the troubles are the result of auto-suggestion. But I do claim that only a very small percentage of those who purchase patent medicines are relieved, since the majority of physical troubles arise from neglect of the life essentials or from incorrect thinking. No instructions are given with these patent medicines to change habits of living or incorrect thinking, and the benefit derived from patent medicines is out of all proportion to the amount of sickness and worry that is caused by the publicity given the advertisements.

Many patent medicine firms have built up millions of dollars worth of business on a few testimonials which have probably been given by people easily influenced by suggestion. Twenty or thirty good testimonials, if cleverly used for advertising purposes, can build up a million dollar patent medicine business, altho I venture to say that not one-tenth of one per cent of the people who buy a patent medicine are entirely relieved from their complaints by the medicine itself. We may read the published testimonial of one person who thought he was better when he gave the testimonial, but we never hear anything of the nine thousand nine hundred and ninety-nine who purchased the medicine at the same time but received no benefit. Yet this one testimonial out of ten thousand purchasers will suffice to persuade another ten thousand to purchase the medicine. Meanwhile think of the injurious effects of these advertisements on the health of the public while this one patient is being cured.

#### DRUG HABITS.

These are my opinions of the ordinary patent medicines advertised everywhere. I have said nothing about the drug habits.

such as morphine, cocaine and alcohol, that are frequently formed by taking many of the patent medicines so widely advertised. We read testimonials of an occasional cure, but we hear nothing of the hundreds of poor victims that are practicing drug habits in secret as a result of the persistent use of the medicines advertised. Occasionally one of these victims finds his way to a physician's office after years of vain self-endeavor to overcome this habit, but for every victim who seeks help there are a dozen who continue to indulge their drug habits in secret. In the practice of my profession I have come in contact with scores of these poor victims, and the story is the same in almost every instance. They start in to take the advertised medicine for a certain trouble; then they find they miss something if they try to do without it, with the result that they continue to buy the medicine in ever increasing quantities, or if it is too expensive they endeavor to find a cheaper substitute.

#### DRUNKARD MAKING BY MAIL.

One medical advertisement being published prominently at the present time is for a certain brand of whiskey. There are many whiskeys advertised daily in an attractive manner, and I have not the least doubt that these advertisements are increasing the whiskey habit and have caused the downfall of many a man who has been struggling bravely to overcome his craving for liquor. But this particular brand I refer to is advertised purely and simply as a medicine, and the advertisements contain a testimonial and a portrait of some man or woman who claims to have been cured of some complaint after everything else had failed. Just think for a moment of the number of chronic sufferers who are being led into the whiskey habit by this one advertisement. But there is one thing in the favor of this whiskey that cannot be said of the average patent medicine: it is advertised for what it is—a whiskey; and the person who takes it is informed in advance of the danger he is running, while the average patent medicine is a sneak-thief in that its victims never know the danger they are courting till they are bound body and soul by the shackles of a destroying drug habit.

#### DAILY PAPERS ABETTING CRIMINALS.

Then there are the advertisements of the Lost Manhood quacks and other similar vampires, and these fellows are permitted year in and year out to use the columns of the daily papers for their



criminal practices. The very nature of their business is all that saves them from criminal prosecution, for their victims naturally shun the publicity that would necessarily accompany a criminal prosecution. This fact must be apparent to the managers and editors of the daily papers and still the very best home papers carry these villainous advertisements.

If a few prominent government officials could hear a few of the heart-rending tales I have heard in my office from victims of these vampires who play upon human weakness and the credulity and ignorance of the adolescent youth of the nation, they would have every one of these Lost Manhood felons behind the bars within twenty-four hours and close the mails to every newspaper that attempted to carry an advertisement of this nature.

For every cure these villains have made they have made a thousand self-conscious cowards through circulating their diabolical, lying, fear-thought literature.

Sometimes a person can get a whole lot of trouble by paying a palmist or a seer a fifty cent piece to have his fortune told, but this trouble is cheap compared with the trouble handed out to the adolescent youth of this country by the advertisements of the Lost Manhood specialists in the daily papers, to say nothing of what he will receive for sending a postal card for their literature.

I have heard the tales of hundreds of these victims who have kept their mental suffering to themselves for years, but for every one of these men who musters up sufficient courage to consult a physician personally and tell him his troubles there must be a hundred who suffer along in silence.

In almost every instance these mental and nervous wrecks can trace their trouble to the quack advertisements, while all that the majority of them require to relieve their mental suffering and give them courage and aggressiveness again, is a little encouragement, a little education along certain lines, and a course in the proper use of auto-suggestion. However, as I said before, the majority of these cases suffer in silence and will continue to suffer in silence unless, as frequently happens, many of them take their own lives. It seems a pity that these sufferers cannot all be reached and shown the way to health and happiness through the relief of their fear thoughts by education and auto-suggestion. But if this class of sufferers of this generation cannot all be reached, at least the coming generations can be protected from a similar scourge by some

regulation, legal or otherwise, which will forever prevent these criminal advertisers from contaminating the unfortunate youth of the country as they do now by preying on his ignorance of the uses and abuses of his own creative powers.

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## The Nightmare—Tomorrow.

WILLIAM WALKER ATKINSON.

THE work of each day would be a pleasure if we would refrain from attempting to perform at the same time, the work of tomorrow. The cares of today would cease to disturb us if we would refuse to consider the cares of tomorrow. The work of today is easily performed notwithstanding the fact that we spoiled the pleasure of yesterday's task by fretting about and mentally anticipating the burdens of the coming day. The cares of today do not seem half so terrible as they appeared viewed from the distance of yesterday, and we do suffer nearly as much in bearing today's burdens as we did yesterday in bearing these burdens in anticipation.

Today is comparatively easy for us, but Oh, tomorrow. Aye, there's the trouble—tomorrow. The past is gone, and its sorrows, cares, troubles, misfortunes and work do not seem so terrible viewed from this distance—the misfortunes of the past are now often known as blessings in disguise. Today is here, and we seem to be getting along fairly well—excepting fearing the dawn of tomorrow. But the future—Oh! that mysterious future—that delight of the child—that bugaboo of the "grown up"—what shall we say of the future? Who knows what terrible monsters are lurking in its gloomy recesses—what frightful cares are slumbering there—what dreadful shapes are there crouching, with glowering eyes, awaiting our coming? No frightful tale of childhood begins to compare in horror with this fantasy of maturity—tomorrow.

Yesterday, with all its troubles—today, with its pressing tasks—affright us not, but tomorrow, ah! tomorrow. Tell us of the morrow! Who knows what a day may bring forth? Tell us how to meet the terrors of tomorrow! Forsooth, an easy task, good friends. The way to meet the terrors of tomorrow is—wait until tomorrow.

Don't you see that your tomorrow is but a nightmare—a monstrous creature of your fancy? Wake! man, wake! Cease your

labored breathing, your groans, your cries, your struggles! Open wide your eyes; take a long, deep draught of God's blessed air; "find yourself," and realize that it was but a frightful dream.

The cares of tomorrow, indeed! 'Twould be laughable if it were not so pitiful. Tomorrow's cares may come, will come, must come, but what of tomorrow's opportunities, tomorrow's strength, tomorrow's chances, circumstances, helpers? Don't you know that the supply of good things does not cease with the close of today? Don't you know that in the womb of the future sleep opportunities intended for your use when the time comes? Don't you know that an earnest, confident expectation of the good things to come will cause these good things to grow for your use in the future? Well, it's so; they'll grow and grow and grow, and then when you need them you will find them ripe and ready to pick. Water them with Faith; surround them with the rich soil of Hope; let them receive the full rays of the sun of Love, and the nourishing fruit of Opportunity will be your reward—tomorrow.

Did you ever shiver with dread at the thought of what would happen if the sun should not rise tomorrow? Did you ever doubt that the grass would grow and the trees take on leaves next Spring? Did TWELVE SUGGESTION—Hagadorn Saturday ... .. you ever fear that perhaps the Summer would not come this year? Oh, no, of course not! These things have always happened and you have sufficient faith to know that they will occur again. Yes, but you have been fearing that opportunities, chances, circumstances, may not be present tomorrow. Oh, ye of little faith, do you not know that this is no world of chance? Do you not know that you are working under the operations of a great Law, and that these things are as much amenable to that Law as are the seasons, the crops, the motion of the earth, the planets, this and countless other solar systems, the UNIVERSE!

The Law which regulates the motions of the millions of worlds, and whose jurisdiction extends over Space—that Space the abstract idea of which can not be grasped by the puny intellect of man of today—also takes cognizance of the tiny living organism too small to be seen through our strongest microscope. The sparrow's fall comes under the Law as well as the building of a magnificent series of solar systems: And yet, man fears tomorrow.

Of all living beings, man alone fears tomorrow. Children, lovers and philosophers escape the curse. The first two look forward to it with joy and confidence, having the love that casteth out fear; the



philosopher's reason teaches him that which the intuition of the other two has grasped. The child intuitively recognizes that the infinite supply is inexhaustible and naturally expects tomorrow's supply as he does tomorrow's sun. He has faith in the Law, until Fear is suggested into his receptive mind by those who have grown old enough to fear. The child knows that "there are just as good fish in the sea as ever were caught," but the "grown-up" fears that today's fish is the last in the sea, and fails to appreciate today's haul by reason of his worry about the possible future failure of the fish supply.

Some people, when they occasionally indulge in a little happiness, spoil their joy by the fear that "something dreadful is going to happen because I feel so happy today." They remind one of the little girl who was found crying, and, when questioned, said that she was crying because she had been thinking that some day she might grow up and get married and have a dear little baby boy, and when the boy grew up he might go out hunting and shoot himself and die, boo-hoo.

Now, don't remind me of the tale of the Ant and the Grasshopper, and of the moral attached thereto. I know all about that yarn, and I feel no hesitancy in saying that the Ant did not worry about the winter while he was working and storing up grain—he just did an honest day's work, each day, without worrying and "freezing" about the winter. He was true to his nature and felt a perfect confidence that if he did his duty now, his future would be provided for. If he had stopped to worry and fret about the winter, or had burdened his mind with the fear that perhaps Spring would never come again, he would not have accomplished his allotted task. He probably would have been paralyzed with fear and have given up the fight, saying: "I fear the future." He concentrated on the Now, and consequently did the best work on the task before him. Go to the ant, thou victim of the Fear habit.

As to the Grasshopper of the fable, he, likewise, was true to the dictates of his nature. He recognized that the time limit was up at the close of the Summer and that the cold weather would see his finish. He knew that, no matter how much grain he might store away, it would avail him naught when the winter came. Remember, it was the running down of his machinery, not the absence of food, that killed the Grasshopper. He had fulfilled his work in the world, made arrangements for the next generation of his kind, and when his work was ended he folded his little legs and the life left

him. He lived and died under the Law. And, mark ye, I do not believe he was compelled, in his old age, to beg food of the Ant. The Law does not operate in that way. Neither do I believe that the Ant would have refused him food and gloated over him, saying, "I told you so," even if he had begged. That is reserved for beings higher in the scale of life than the lowly Ant—the latter is too near to Nature for that proud privilege.

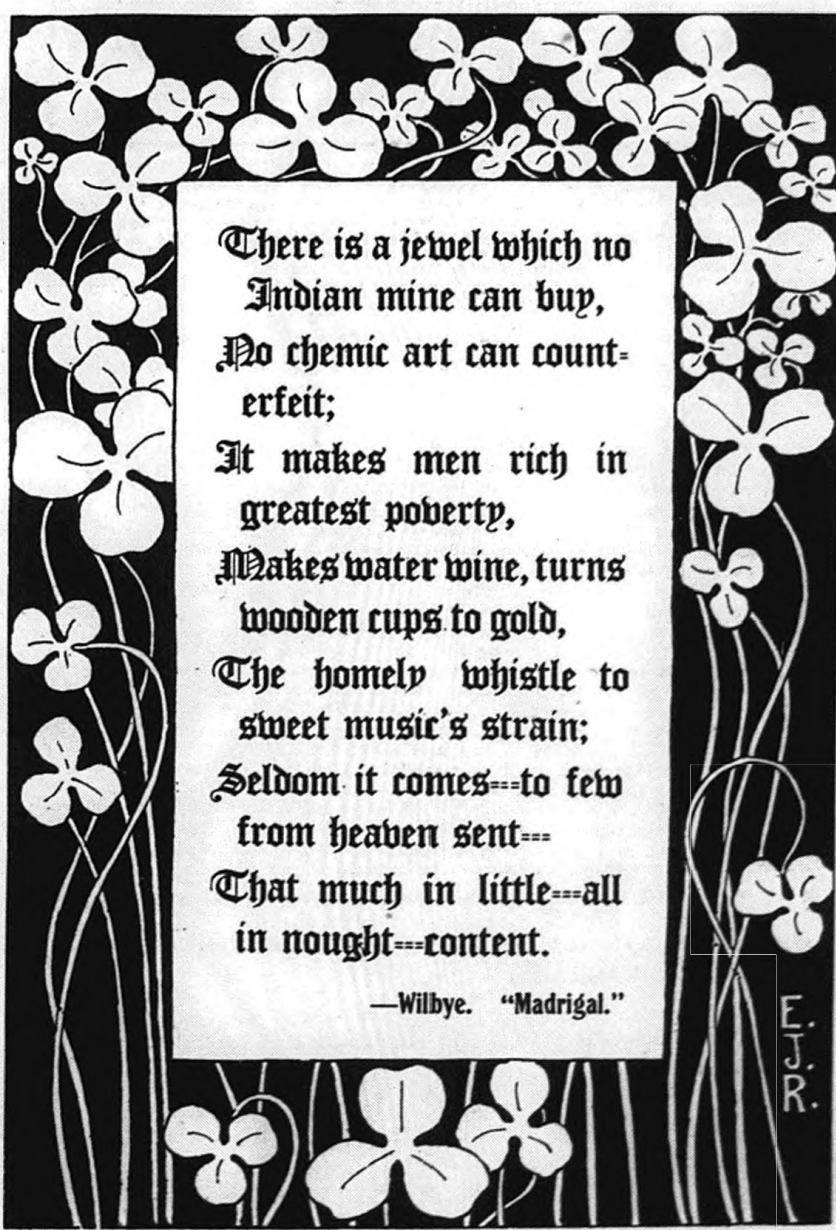
No, the Grasshopper and the Ant both did their work well under the Law, and deserve equal credit. The Ant would have been a fool if he had refused to work, or worried when he did work. And the Grasshopper would have been a fool if he had worried about the Winter, or had worked like the Ant and stored up food for that time, for he would not have lived to enjoy it. Aye, he would have been as great a fool as some men who devote every thought and minute to piling up millions and then—die when the Winter comes, leaving their store to be devoured by parasites.

Oh, yes! I believe in work, good work, honest work, cheerful work, hopeful work, confident work. I believe in the joy of work—the pleasure of creating. And I believe that he who does his best work, one day at a time, working with faith, hope and confidence in the morrow, with Fear eliminated from his mind and replaced with Courage—I believe, I say, that such a man will never find his larder empty, nor will his children want for bread.

And, furthermore, I believe that tomorrow is what we make it by our thoughts today. I believe that we are sowing thought-seeds today, which will grow up over night and bear fruit tomorrow. I believe that "Thoughts take form in Action," and that we are, and will be, just what we think ourselves into being. I believe that our minds and bodies are constantly being moulded by our thoughts, and that the measure of man's success is determined by the character of his thoughts. And I believe that when man will throw off the incubus of Fear, the frightful vision of the night will vanish, and, opening his eyes, in the place of the monster, he will see the fair form and smiling face of a radiant creature, who, bending over him, with love-lit eyes, will whisper softly: "I am TOMORROW."—*William Walker Atkinson in SUGGESTION; reprinted by request.*

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**O**UR whole trouble in our lot in this world rises from the disagreement of our mind therewith. Let the mind be brought to the lot, and the whole tumult is instantly hushed.



There is a jewel which no  
Indian mine can buy,  
No chemic art can counter-  
feit;  
It makes men rich in  
greatest poverty,  
Makes water wine, turns  
wooden cups to gold,  
The homely whistle to  
sweet music's strain;  
Seldom it comes---to few  
from heaven sent---  
That much in little---all  
in nought---content.

—Wilbye. "Madrigal."

E.  
J.  
R.



# SUGGESTION

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HERBERT A. PARKYN, M. D., C. M.,  
Editor.

\* \* \* SUGGESTION is a popular home review, devoted to the scientific discussion of psycho-therapy, the new psychology, suggestive therapeutics, psychic research, natural healing, rational hygiene, advanced thought, and allied subjects.

\* \* \* IT IS THE aim of the editor to find a basis of fact on which to ground all theories regarding metaphysical and psychical processes, and to account for all occult phenomena on purely scientific lines.

\* \* \* SUGGESTION teaches that health is within the reach of all; that there is but one disease with a thousand symptoms; that right thinking and right living will always produce harmony in the bodily functions, the result being health; and that drugs are not necessary, and that nature cures.

\* \* \* EVERY subscriber to this magazine is formally notified when his subscription expires, and a renewal remittance should be made promptly. Unless a renewal order is received this magazine will be discontinued. If you wish to preserve copies of SUGGESTION in regular order, do not fail to send in your renewal promptly. It is not necessary to send the subscription price at the same time, but we must have your written order for renewal.

\* \* \* TO MY SUBSCRIBERS: The date of the expiration of your subscription appears on the wrapper. You are cordially invited to renew your subscription. I do not want to lose any members of the SUGGESTION family; if a dollar is not at hand, mail us a postal asking that the magazine be continued—forward the subscription price when convenient. Why not send us the name of a friend or two who might be interested in our magazine?—EDITOR.

\* \* \* PLEASE NOTE: Address all communications to SUGGESTION Publishing Company, and make all remittances payable to this company.

To believe in somebody is good for the believer.  
—Mexican Herald.

\* \* \*

Nothing can work me damage but myself.—St. Bernard.

\* \* \*

"The mill will never grind with the water that has passed."

\* \* \*

WORK FOR THE WORKER.—Tolstoi.

## EDITORIAL

### Some Resolutions and Affirmations.

1. I WILL be square—I will not do any man; nor shall any man do me.

2. I WILL be thorough—I will do my work so carefully today that tomorrow will bring no regrets.

3. I WILL be happy—I will train my face to wear a smile and my tongue to say pleasant things.

4. I WILL be faithful—I will stick to my task till it's done and forget the clock.

5. I WILL be energetic—when the alarm clock rings I will get up at once.

6. I WILL be more saving—I will put by something from my salary each week.

7. I WILL work harder—I will remember that a man who does no more than he's paid for never gets paid for more than he does.

8. I WILL be prompt—I will do it now, and do it right.

9. I WILL be optimistic—I will remember that "if you boost the world boosts with you; if you knock you knock alone."

10. I WILL believe in myself—there is no devil but fear and no sin but ignorance.

Some of the above were concocted in this office and some were stolen bodily.

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### The Progress of Thought.

THE doctrines of the New Psychology are spreading rapidly, and every day evidence is seen that the ideas taught in SUGGESTION are taking root in many minds in many places. Advanced thought ideas are springing up in many minds apparently spontaneously. A person happens to see a copy of this magazine, and he or she at once exclaims:

"Why, how strange; I have had those very ideas in mind for a long time; I didn't know anybody else thought about them and here is a magazine eight years old revealing my very thoughts."

I said ideas spring up "spontaneously"; apparently these ideas are spontaneous and without an adequate cause, for they sometimes appear in the mind when the person has never given heed to such things. But they are not "self generated"; they are not spontaneous; I don't think there is in nature such a thing as "spontaneous generation." There is abundant evidence to show that thought is not created in the brain, but is simply made manifest by the machinery of the brain; the brain is a receiver of "wireless messages"; we can attune it to certain kinds of thoughts and then the thoughts come—no one knows from where. So when a person by evolution reaches a receptive, tolerant state of mind, we find that person beginning to acquire new ideas.

Thought seems to travel from brain to brain in a way at present unknown; the fact that concerns us is that thought, feeling and sentiment are transmitted by etheric vibration (a term used for want of a better one) and that the world-thought on many lines is changing.

All this points to better things; let us all help by being receptive to the new ideas, and from our brain they will influence others; each brain becomes a station for sending out "thought waves" to other brains.

But facts are one thing and bizarre, wierd and fantastic theories are another thing; facts are the building stones of thoughts; theories in the long run always do more harm than good; creeds or dogmas were once but shadowy, elusive theories; in time these theories become fetters, to find the thoughts of mankind.

There is only one real thing in the universe and that is a fact.

E. E. C.

\* \* \*

Here is a bonafide unsolicited letter that was received at this office recently:

GUY E. SMITH, Hamburg, Ark.: Recently I asked for a number of magazines listed in your Directory, which I received and read. Among the number I found not one that appeals to me as does your magazine SUGGESTION.

SUGGESTION is the best publication of its kind that I ever read.

I am often disappointed in not being able to interest my friends in such a magazine. I think the main reason is, that they are not informed enough along that line to appreciate such literature. Could they be induced to read Dr. Parkyn's mail course in Suggestive Therapeutics, and Thos. J. Hudson's Law of Psychic Phenomena, and other such literature, that would pave the way for interest in SUGGESTION.

## Suggestive Therapeutics in 1600.

Mrs. EDDY and Dr. Quimby were evidently not the originators of mental healing if we can believe the evidence in the following paragraphs. Suggestive Therapeutics appears to have been practiced 300 years since.

The editor of the *Business Philosopher* Republic Bldg, Chicago, in rummaging through an encyclopedia in search of the wisdom of the past found the following narrative written by John Selden, who lived from 1584 to 1654:

A person of quality came to my chamber in the Temple, and told me he had two devils in his head (I wonder'd what he meant), and just at that time one of them bid him kill me (with that I begun to be afraid, and thought he was mad); he said he knew I could cure him, and therefore entreated me to give him something, for he was resolv'd to go to nobody else. I, perceiving what an opinion he had of me, and that 'twas only melancholy that troubled him, took him in hand, warranted him if he would follow my directions to cure him in a short time. I desired him to let me be alone about an hour, and then to come again, which he was very willing to do. In the meantime I got a card, and lapt it up hand-some in a piece of taffata, and put strings to the taffata, and when he came, gave it to him to hang about his neck; withal charged him that he should not disorder himself, neither with eating or drinking, but eat very little of supper, and say his prayers duly when he went to bed, and I made no question but he would be well in three or four days. Within that time I went to dinner to his house and askt him how he did. He said he was much better, but not perfectly well; for in truth he had not dealt clearly with me: he had four devils in his head, and he perceived two of them were gone with that which I had given him, but the other two troubl'd him still. Well, said I, I am glad two of them are gone; I make no doubt but to get away the other two likewise. So I gave him another thing to hang about his neck; three days after, he came to me to my chamber and protested he was now as well as ever he was in his life, and did extremely thank me for the great care I had taken of him. I fearing lest he might relapse into the like distemper, told him that there was none but myself and one physician more in the whole town that could cure the devils in the head; and that was Dr. Harvey (whom I had prepared), and wisht him if ever he found himself ill in my absence to go to him, for he could cure his disease, as well as myself. The gentleman lived many years, and was never troubl'd after.

\* \* \*

## That Directory List.

**I**N this issue of SUGGESTION will be found a list of hygienic advanced thought, occult, metaphysical and New Thought publications. Possibly some magazines have been omitted. It is not intended to list religious publications or publications devoted to political reform or publications devoted to spiritualism. The idea is to give a list of publications that are devoted more or less to original research; to discussing from an independent standpoint topics connected with man's physical and intellectual welfare.




To do this, it is necessary not to be bound by beliefs and creeds but to be willing to discuss matters from all points of view—orthodox and heterodox.

Every reader of *SUGGESTION* will be benefited by sending postals for sample copies of all the magazines listed in the directory; in this way one can obtain a general knowledge of what is going on in the world of advanced thought.


If any subscriber to *SUGGESTION* finds a publication in this list that needs his aid, he feels that he cannot subscribe for it and *SUGGESTION*, he can have his subscription to *SUGGESTION* cancelled and the balance of his subscription will be returned.

The list of publications mentioned is inserted without payment of any kind; it is published solely as a matter of general information and to help each one to find the publication best suited to his or her needs.



## TRUTH

By **AMY NICKERSON**  
Written for "SUGGESTION"



N

OT to the one who walks the way  
That lies in the broadest light of day  
May shine such truth as leads aright,  
But he who treads life's lonely night,  
Who knows how hard man's "lot" may be,  
May know that truth is destiny.

T

HINK ye that he who never trod  
A cruel road can speak of God?  
Nay; thou who judge the erring one  
May stand the fartherest from the sun.  
For truth as truth, e'en when it sends  
Its wrecks broadcast to reach its ends.

## Notes and Comments

If the persons mentioned in the paragraphs below had lived correct lives their bones would not have snapped like pipe stems. Bones break easily because they contain an undue amount of mineral substance; mineral debris accumulates in the system because sufficient water is not used to carry it out of the body. The easiest way to improve the general health is to use ample quantities of pure water. The less "minerals" in the water the better. It is the pure unadulterated water that is beneficial—not the minerals it contains. Here are the paragraphs referred to:

### WOMAN'S BONES ARE SO BRITTLE THAT THEY BREAK.

#### *New York Wife Dies at Hospital After Suffering from Several Fractures Which Were Inflicted in Peculiar Ways.*

New York, Jan. 13.—Physicians of the Kings County Hospital are at a loss to decide the real cause of the death of Mrs. Catharine O'Neil in the hospital on Tuesday last. She was buried in Calvary Cemetery from her home, 84 Franklin street, Greenpoint.

For the past four or five years Mrs. O'Neil had suffered from a disease which several doctors had diagnosed as rheumatism. She complained continually of pains throughout her body. Early in last October Mrs. O'Neil was removed to the hospital. There her case was again diagnosed as rheumatism.

While her husband was sitting at her bedside about a month ago, Mrs. O'Neil suddenly turned in bed. There was a loud, snapping noise. Mrs. O'Neil uttered a shriek, and her husband summoned a nurse. An examination of the sick woman showed that her collar bone had snapped on the right side.

Less than a week later, when Mrs. O'Neil attempted to sit up in bed, a bone in her left arm broke. The very next day a sudden turn in bed resulted in the breaking of her right leg.

Since then Mrs. O'Neil's condition had steadily grown worse. Physicians at the hospital say that all the woman's bones were brittle.

### BREAKS BONES WHILE CROSSING HIS LEGS.

#### *Joseph B. Spahr of Jeffersonville, Ind., in Peculiar Accident.*

Jeffersonville, Ind., Jan. 13.—One of the most peculiar accidents ever recorded in this city happened to Joseph B. Spahr, treasurer-elect, today. Mr. Spahr attempted to cross his legs, when the bones in his left leg snapped off. Surgeons decided that amputation was necessary.

\* \* \*

When sending your subscriptions do not omit to enclose a dime extra and the name of thinking friend, and you will receive a set of 25 New Psychology mailing cards. If you are not satisfied with the cards send them back and we will return your dime and the name of your friend.

Many items have appeared in this magazine showing that death is often caused by adverse ideas and there is every evidence to show that disease and death may be caused by thought. The following curious accounts are from the *St. James Gazette* London:

#### THE WILL TO DIE.

Two or three years ago, in a Lancashire town, while a fair was in progress, to the proprietor of a steam round-about there came a shopkeeper, whose wife was lying supposedly at the point of death. "Thou mun stop thy organ," he said. "Why" asked the other. "Thou mun stop it, I tell tha'; my missus cawn't dee," was the reply—a dialogue for which the writer can vouch. A clergyman had placed on record a similar instance. Visiting a sick parishioner, he was told by the doctor that the sickroom was full of mourners, assuring the woman that she was about to die. And the woman was dying—from suggestion, though organically there was not the least reason why she should. The clergyman entered the room and cleared out the doleful ones. "You're not going to die," he said. "What! Am I not dying, parson? Then, thank God, I won't." That woman was well in next to no time, and round at the vicarage thanking its master for having saved her life.—*St. James Gazette*.

\* \* \*

#### ANOTHER EXPOSURE.

Every once in a while some good friend takes us to task because we will not accept the doctrines of spiritualism. We believe in facts, and heartily endorse all movements which aim to discover facts. But to accept any ready made theory to account for a fact is not the part of wisdom.

Sir Oliver Lodge has often been mentioned as a distinguished scientist who has accepted the present theories of spiritualists; Sir Oliver tells some very interesting stories about materializing seances, etc., and it is too bad that another very interesting story was spoiled. Here is a dispatch taken from the *Montreal Standard* and sent to us by some friend, name unknown:

#### SCIENTISTS DUPED BY IMPOSTOR.

SIR OLIVER LODGE AND OTHERS DECEIVED BY "SPIRITUALISTIC" FAKIR.  
Special to The Standard.

London, March 10.—Sir Oliver Lodge and other prominent scientific men, interested in the occult, were to have held a series of experiments next week with Charles Eldred as a subject. Eldred for the last six months has been creating a great stir in spiritualistic circles as the most gifted medium in the country. He has now been exposed by fellow spiritualists, one of whom, a man named Brally, declares that the spirits informed him that Eldred was an impostor.

After a seance, Eldred left in Brally's house a chair which he had used in the cabinet from which the spirit forms emerged. Brally's examination resulted in the discovery of a keyhole hidden in the plush covering of a hollow seat containing spirit faces, masks, wigs, diaphanous drapery, an electric lamp, powder, etc. At the next seance Brally denounced Eldred as an impostor, and the latter confessed. Sir Oliver Lodge and the other scientists are thus deprived of their experiment.

## The Insignificance of Matter.

**I**N Haeckel's "Riddle of the Universe," which should be read by every student of psychology, appears this paragraph in connection with a discussion of the earthly origin of life:

"It is very probable that these processes have gone likewise on other planets, and that other planets have produced other types of the higher plants and animals, which are unknown on our earth; perhaps from some higher animal stem, which is superior to the vertebrate in formation, higher beings have arisen who far transcend us earthly men in intelligence."

Sir Oliver Lodge in a reply to Haeckel's conclusions, published in a book entitled "Life and Matter," answers the above statement in the following words:

"Exactly; it is quite probable. It is, in fact, improbable that man is the highest type of existence. But if Professor Haeckel is ready to grant that probability or even possibility, why does he so strenuously exclude the idea of revelation, i. e., the acquiring of imparted information from higher sources? Savages can certainly have 'revelation' from civilized men. Why, then, should it be inconceivable that human beings should receive information from beings in the universe higher than themselves? It may or may not be the case that they do; but there is no scientific ground for dogmatism on the subject, nor any reason for asserting the inconceivability of such a thing."

Broad thinkers have always held that it is unscientific to limit our ideas by what we see in this earth; the conception is held that in the universe there are forms, powers, forces, agencies, intelligencies, modes of thought, conceptions, etc., that are utterly inconceivable to man because of the elementary nature of the brain mind and mental powers. The idea that man is the crowning act and final work of creation finds no encouragement in the great minds of the world; witness the following by Prof. Huxley, taken from his work on "Science and Christian Tradition":

"Looking at the matter from the most rigidly scientific point of view, the assumption that, amidst the myriads of worlds scattered through endless space, there can be no intelligence, as much greater than man's as his is greater than a blackbeetle's; no being endowed with power of influencing the course of nature as much greater than his as his is greater than a snail's, seems to me not merely baseless, but impertinent. Without stepping beyond the analogy of that which is known, it is easy to people the cosmos with entities, in ascending scale, until we reach something practically indistinguishable from omnipotence, omnipresence and omniscience. If our intelligence can, in some matters, surely reproduce the past of thousands of years ago and anticipate the future, thousands of years hence, it is clearly within the limits of possibility that some greater intellect, even of the same order, may be able to mirror the whole past and the whole future; if the universe is penetrated by a medium of such a nature that a magnetic needle on the earth answers to a commotion in the sun, an omnipresent agent is also conceivable; if our insignificant knowledge gives us some influence over events, practical omniscience may confer indefinitely greater power. Finally, if evidence



that a thing may be, were equivalent to proof that it is, analogy might justify the construction of a naturalistic theology and demonology not less wonderful than the current supernatural; just as it might justify the peopling of Mars, or of Jupiter, with living forms to which terrestrial biology offers no parallel."

Prof. Edgar L. Larkin has shown that our Sun and all the planets and attendant orbs could be annihilated without causing any disturbance in the universe; this shows that in comparison with the known universe, the earth is but an atom, a grain of impalpable dust. On the other hand there is no use in limiting the size of the universe; as the earth is but a moat floating in the etheric sea that bathes the starry hosts, so the entire universe to the limit of man's conception may be but a fragment of cosmic dust floating in the embracing ether of some greater aggregation of creative efforts. E. E. C.

PERSONAL—Wanted the name of the correspondent who sent a letter to this office under date of March 28th containing the chorus to a song—"I Am King."

Mental conditions have a great deal to do with preventing illness. Worry is the parent of disease. Whatever be the reason for it, worry is an immensely hostile agent in human life, ravaging happiness and depleting vital force. If you drift into a habit of chronic worry or if you constantly fear disaster or let your mind dwell on some catastrophe that may happen you will so weaken yourself that you cannot stand against attacks of illness. The mind has enormous power over the body and this is the philosophic reason why, in countless instances, there is such a thing as beneficent mental healing.—*Margaret Sangster in Chicago Daily News.*

\* \* \*

"As are thy wonted thoughts, so is thy mind; and the soul is tinged by the coloring of the mind. Let then thy mind be constantly suffused with such thoughts as these: Where it is possible for a man to live, there he can live nobly. But suppose he must live in a palace? Be it so; even there he can live nobly."—*Marcus Aurelius.*

\* \* \*

Wrong eating and drinking, and the breathing of vitiated air, form the triple fountainhead of nearly all our diseases and our misery.—*Dr. Radcliff.*

# COMMON SENSE PHILOSOPHY

By CAPT. L. W. BILLINGSLEY,  
LINCOLN, NEBRASKA.

## Two Points of View.

The basic principle of optimism is found in these words, "whatever is, is right"—because all laws of the universe are based on beneficence. Evil is purely proximate; in the ultimate all is good. Optimism comprehends belief, faith and confidence.

Pessimism is mental dyspepsia: a metaphysical jaundice. A pessimist looks through the reverse end of the spiritual telescope at the affairs of life. The pessimist is a spiritual bankrupt. Pessimism is an obstacle in the endless path of evolution. Those who adhere to it are illogical, and have intellectual bile on the brain.

Some New Thought publications, with perfunctory platitudes, work overtime on Optimism. Pushed to an extremity, it may become downright silliness. Sometimes in life we should be earnest and serious. To cackle at the solemn affairs of life is stupidity, for life is not a big joke.

Optimism oils the axels of progress, and keeps things going. Pessimism is clogged with mental billiousness and needs psychic or soul physic. Nature in a composed way is optimistic; she is ceaseless in correcting man's mistakes, binding up wounds, healing hurts, covering scars—continually comforting, soothing, saving—never indifferent and ever impersonal.

We all should be pleased with ourselves, our fellows, and all creatures. We have made wonderful progress from bug to man—from apehood to manhood—from caves in cliffs to the clouds—from growls to talks around the globe on pulsating air. We burst restrictions and melt barriers—and yet, we are but at the beginning of our spiritual evolution.

Optimism is in kinship with eternity; so worry and fear and dread of death should never find lodgment in the human heart—simply do the best you can and let consequences take care of themselves. We all live on the plane of our thoughts be they good or bad. We climb upward on the stairs of our aspirations. Fill your soul with optimism, it will sustain you on your endless journey of unfoldment until you reach the summit.

# Department of Original Thought And Its Practical Application

By ESTELLA BACHMAN, Station A, PASADENA, CAL.

**M**ATTER intended for this Department should be sent to ESTELLA BACHMAN, at above address; persons interested in the study of the Source of Ancient Wisdom, Occult Ideas and New Thought conceptions, are especially invited to ask questions and send suggestions bearing on any phase of these subjects, to Estella Bachman. This Department will be a regular feature of "SUGGESTION," and will contain much material never before published. In order to grasp and make clear the practical application of the one scheme or truth found in original thought, something more is needed than mere observation, however keen, or knowledge, however profound, or experience however wide; and this intangible something, which for lack of better name is called intuition, Estella Bachman possesses in an unusually high degree. Her years of study of these subjects, under the personal guidance of Prof. Isaac Newton Vail, and the privilege of reading all his manuscripts (including "The Gods Unveiled," and his commentaries on the Hebrew Scriptures, the Zend-Avesta, and other Sacred Books of the East), added to the knowledge obtained through many years of reading covering a wide range of subjects, especially qualifies her for conducting this Department.

Editor "SUGGESTION."

## The Source of Thought.

**I**N the April SUGGESTION Elmer Ellsworth Carey observed: "Is thought original in the brain? I am inclined to think that thought is a force made manifest just as heat or electricity, and that the real origin or source of thought is as far away as the real source of electricity."

If this refers, as it appears to do, to our conceptions or ideas, then it is plainly correct in so far as the source or origin of all our ideas certainly lies away back in the far distant past.

In his lectures on "The Science of Thought," Max Muller tells of the 800 roots and 121 concepts which form the base of the whole literature of India, and then adds: "There is no sentence in English of which every word cannot be traced back to the 800 roots, and every thought to the 121 fundamental concepts. \* \* \* \* I know of few things which are at the same time so humbling and so elevating as the small number of concepts out of which all our thoughts and our words have been elaborated. All that we admire, all on which we pride ourselves, our thoughts whether poetical, philosophical or religious, our whole literature, our whole intellectual life, is built up with about 121 bricks. If they are given us we can erect a temple which stands on the earth and touches the sky, nay, which encircles even what is beneath the earth and above the sky, for, wonderful to say, we can name, not only what we see and hear and handle, but even what eye has not seen nor ear heard. \* \* \* \* But even if at present we have proved no more than that the myriads of thoughts that swarmed through the hive of the Indian intellect are all the off-

spring of not more than 121 mother ideas, a step in advance has been made by the science of Thought such as few philosophers have ever dreamt of."

Now I propose that we—all the readers of SUGGESTION who care to understand this important subject—shall take in hand the key of annular evolution and go farther back than even Max Muller did, never stopping on our journey until we have secured a clear mental picture of the physical phenomena which constituted the source of all thought. I wish it to be distinctly understood, at the outset, that the road along which our investigation into original thought and its application will take us has nothing occult or mystical about it. Annular evolution, as Professor Vail has well said, "opens an avenue into the great Truth Realm, where primitive scenes are awaiting to explain a world of mystery. A Truth Realm where the 'occult' ends."

Persons with eyes and intellects such as our own lived for thousands of years in a physical environment wholly different from anything we now know. Those persons left numerous records of the impressions that now long lost environment made upon their minds, and through an intelligent study of these records, in the light of annular evolution, we can trace to its source every one of the original 121 concepts Max Muller names.

*When we know the source of an idea—and not until then—we can rationally pronounce on the authority it should have over us. As "thought works out in action," it is of prime importance that we have correct thoughts, in order that we may act correctly—that is, so that all our actions shall result in the highest possible good to ourselves and to all other persons.*

Here come up some further questions asked by Friend Carey: "Where does thought come from? Who is responsible for it? Am I responsible for my thoughts from day to day, or are they thrust upon me by external agencies, unknown and unknowable?"

To me it seems clear that responsibility is inseparable from power, and we certainly have the power to control our thoughts. Wherever they come from we can, and therefore must, either drive them from us or make them welcome. If retained, we sooner or later act them out in some way. We can decide the sort of thoughts that shall come into our minds, to the extent to which we can control our environment—our surroundings, daily companionship, reading and talking. When once a thought is in our minds it is ours to reject or retain, and from that responsibility no sane adult can escape.



In her little book on "The Ancient Wisdom," Annie Besant refers to the "mental body," and says it is "often spoken of as a vesture, or sheath, or vehicle—any expression will serve which connotes the idea that the Thinker is not the mental body, but formed it and uses it to express as much of himself as he can in the lower mental region."

The original "vesture, or sheath, or vehicle," in which thought was manifested, was a rapidly moving canopy of aqueous-miner vapors, similar to that now seen covering the planet Jupiter, and it was spread over and revolved around our globe during the earlier ages of human history.

Owing to the action of certain natural forces this vapor covering could not extend beyond the regions about the arctic and antarctic circles; therefore it was, as seen by observers looking up from our earth, a water heaven with openings in the polar regions. Into this vapory roof the sun poured its light and thus made it a bright heaven during the time we call day; when the sun was in the underworld its light was still diffused through the vapors, so that the time we call night was to persons who lived under those water heavens but a more shaded, a less bright day. Night or darkness such as we now have was impossible during canopy times.

A vapor canopy is made up of bands and belts and lines, and these are in perpetual motion in two ways; for a canopy not only revolves around the planet it covers, but also gradually declines toward its surface and thus all its innumerable features keep up a spiral march towards the pole. Hence, while the whole vapor heaven of our primitive ancestors was a brilliant expanse, the scene of greatest glory was, to all the inhabitants of the northern hemisphere, in and about the north polar opening. Here the combination of sunlight and constantly gathering vapors made a spectacular display of indescribable grandeur and dazzling light.

This "hole in space" was the "seat of energy and the center of the universe." Here was located the "fountain of knowledge" and "wall of wisdom." Here thought was born, and our everyday speech today is full of words and phrases easily traced back to that one source of original thought. Here was "Garonama," says Professor Vail, "another name for Eran Veg, the polar Paradise made by Mazda—Garonama was the seat and fountain of 'holy thought,' and we will find as we push on that it was the one primeval word mine or mint of the gods for the coining of word roots for the gradual development of all ancient tongues."



## Progressive New Thought



THIS department will be conducted in the interests of the widespread movement known as New Thought. The editor was the former publisher and editor of *The New Thought* journal of Melrose, Mass., and manager of the New Thought Publishing Co. of that city. The department will be conducted on the same progressive principles, its object being to help all who are seeking light in the direction of health, happiness, success and goodness. We hope to see many of our old friends as subscribers to SUGGESTION. All communications intended for the department should be addressed to the editor, M. J. CLARKSON, San Diego, Cal.

### Progressive New Thought the Religion for the Race.

IT is to be questioned whether man will ever be without what is termed religion. The most profound instincts of his nature prompt to the worship and reverence of the unknown and invisible. The dawn, however, of an entirely new thought and concept of life, has materially altered his views as to the truth about religion. Superstition is fast melting away before the clear light of science, until he begins to realize how perverted have been the generally accepted opinions handed down from past ages. The questioning attitude has led to the rejection of much rubbish of creed and dogma, falsely labeled as truth, and which has so long held man in the most abject state of bondage.

We do not have to look so very far back in history, to find illustrations of the opposition, with which truth has ever met at the hands of religious superstition. The first users of coal in New Orleans, for instance, were stoned by the religionists of the time, because of this ignorance and superstition. Machinery was condemned as a device of Satan, and kindred other follies of this sort, brought persecution upon those who attempted to use their brains for the betterment of their fellows, or for the actual upliftment of humanity. Very similar to the miserable devotee of the Orient, who in the midst of his poverty, disease and unsanitary conditions, refuses to be helped by progressive measures, are the dogmatists of our day, who turn away from true science as antagonistic to true religion and a destroyer of faith. What the world most needs to learn, is that the truest religion, the most stable of faiths, is based upon scientific truth which is its fundamental principle.

This their own sacred tradition teaches, did they but perceive it. Take one text alone from the Bible, quoted again and again: "God is the same yesterday, today and forever," and what do we have but the clearest assertion of immutable laws? A capricious God, a being who could change or revoke his decisions, would not answer to this description of infallible, unchangeable stability. That many through misconception of truth should shrink from law as cold and forbidding, preferring to believe in theological interpretations of sacred writ, is not at all surprising. Could they but arrive at a clear conception of what law is, and how it works, they would not fear to trust it, and even to rejoice in it; in fact, they would find in it a stability which will never be realized in anything but scientific truth. It would cover too much ground in one article, to take up the almost inexhaustible subject of Law, or science and religion reconciled. Our libraries are teeming with books and treatises on the subject, many of them good, others inferior. My book, *Golden Ladder*, has discussed it in a way to enlighten the most bewildered of searchers after truth, at least so many readers so testify, that it is needless to devote space here to its further consideration. The object with those who would give out these new thoughts, is to point the way so clearly and unmistakably that others may be able to follow it to their perfect satisfaction. The more people satisfied and made happy, the better the condition of the world at large, the individual, the family. We are indeed a unit, and unity the keynote of being. That man or woman who thinks to better his own condition without helping his fellows, will fall very far short of his desires or of the religion of happiness.

In helping himself, it is true he helps others, but in helping others he helps himself; it is the law of evolution and unfoldment.

It is my purpose, upon the invitation of the editor of this admirable journal, to take up the subject of this religion of happiness and success, which has been termed The New Thought, and as there is no standing still or retrogression among its earnest adherents, we shall style it PROGRESSIVE NEW THOUGHT. To return to the first premise laid down at the start, the primal, instinctive desire for religion, which we believe is here met and satisfied, no cult was ever more characterized by purity, chaste thought or has done more toward alleviating the sorrows and miseries of the world. No field has ever been exploited which has yielded such rich treasure to the seeker. The New Thought is old and yet new; new in its application, expression, in many ways, and in the experience of its disciples. Many

say and write of it ignorantly what is untrue; many speak of its very name as a misnomer.

Not so; the New Thought is new to hundreds of people who are yet dominated by old thought of creed and superstition. It is new in being applied truth made actual in the life. It is a new definition of God, of being, of life in all its varied aspects. What Buddha or Confucius, Pythagorus, Plato, Socrates or even our more modern authors may have written or taught, as identical in many instances does not make it any the less new thought. What the Western mind brings out and appropriates, makes indeed successful as a working hypothesis, is what may be termed *new* thought to all who have failed to grasp it heretofore. Salvation from the inharmonious conditions of false beliefs is a crying need of the times. Some are achieving this desirable result, and have found in this understanding of truth a power and influence which has brought into their lives a wealth of happiness and content undreamed of heretofore. Even the most prejudiced minds are beginning to give way, and are yielding assent to its joyful message. Many are acknowledging a kinship with its adherents wholly denied not long ago. Such literature as SUGGESTION affords is doing much to help along this most admirable result, and the time is not far distant when the fruits of a ripened understanding will manifest as never before in the world's history. The persistent inquirer after this knowledge will most surely be rewarded, and it behooves all those who have been able to demonstrate in their lives the joy it most surely brings, the success, vigor, youth, health and happiness following its persistent practice, to spread the good tidings far and wide.

We double our joys by sharing them; let us be generous sharers of our New Thought treasures. Let us give and it shall be given unto us in return, full measure pressed down and running over shall men pour into our bosoms.

"Our word shall not return unto us void, but shall accomplish that whereunto it is sent." The promises of all sacred writings are thus nearing a certain fulfillment.

\* \* \*

Instant recognition of the all-encircling life would bring instant response in the external environment. This is only possible where the inner man or ego is in the full recognition of that life.

The tardy response is always the result of the tardy recognition.

M. J. CLARKSON.



# Life Culture

By HARRY GAZE, Boston, Mass.

**B**Y INTELLIGENT life culture, perfect health and perpetual youth may be attained. Life culture is the systematic cultivation of vital habits. The mental and physical conditions that one enjoys or suffers are the result of his aggregate habits. Health is enjoyed when the constructive largely predominate, and disease is sure to result when the destructive habits reach certain proportions. Subjection to even a single negative habit prevents the full enjoyment of youth and beauty.

Comparatively few people seek to regularly cultivate the symmetrical life. There is a tendency to practice some fad instead of living the full-orbed life. One person regards deep breathing as a remedy for all ills, another a system of diet, or even fasting, etc. Man needs to live the wholesome, complete life. A chain is not stronger than its weakest link, and he who places his whole faith in any single department of life culture, whether it is suggestion, rest, exercise, deep breathing, sun-bathing, nutrition, has a weak chain with only one strong link. Even a single omission may make the entire chain weak.

The man who scorns the practice of auto-suggestion may take much exercise, and yet fail to infuse the qualities of *permanent* strength into the bodily organs. Likewise the student of mind who rejects physical culture will fail to materialize the full measure of the ideal life. New Thought does not make one exempt from the necessity of hygienic habits.

The food faddist who says that "man is what he eats" should remember that a worm and a man may both subsist on similar food, and yet build bodies which strictly conform to their respective stages of evolution. On the other hand, one should not ignore food studies, but remember that a temple should be constructed of wisely selected material, in addition to being planned with architectural skill.

Start on the right mental basis. Realize your unity with the source of all life. Maintain your inherent right to health, youth and power, regardless of age. Make only those daily suggestions

which are distinctively constructive. Supplement this by living such a life, that habit means a daily increase of strength and vitality.

#### SCIENCE PROMISES LONG LIFE.

It is very significant that Professor Elie Metchnikoff, the famous sub-director of the Pasteur Institute of Paris, now declares at least 180 years of age possible to man. Previously, Metchnikoff believed that 140 years was the limit of man's possible life. An actual case of a Bulgarian woman living at 179 has converted the scientist from his original limitation.

Professor Metchnikoff attributes this remarkable longevity to the almost exclusive use of sour milk as food. He supposes that the germs producing lactic acid in the milk are the deadly foes of the old age "microbe" in man.

The writer believes that, while Metchnikoff's faith in remarkable longevity for man is fully justified, the sour milk diet has negative rather than positive virtues. In other words, it was not the milk that caused the longevity, but the consequent avoidance of other harmful foods, injurious combinations, adulterations and excess.

The sour milk does not kill the old age microbes, in the dramatic battles which Metchnikoff imagines, but in the absence of injurious foods and other wrong habits of life, there is no feeding ground for the kindly scavengers we call microbes.

#### PERPETUAL YOUTH.

The secret of perpetual youth is man's intelligent co-operation with the process of change and growth. Change is inevitable, but whether these changes are conscientiously co-operated with or not determines life or death. If a man will learn to consciously evolve, it will be to the interests of Nature to preserve him indefinitely. Man lives as long as it is advantageous for Nature to impart new life to him. Youth is but another word for unfoldment.

No man *grows* old; he becomes old by *not growing*. Stagnation is not tolerated in nature. It is growth and not years that determines the period of youthfulness. One cannot continue to grow in size, but he can in quality of organization. As one continuously rebuilds his body, he should build a better body by proper auto-suggestion and life habits. An ungrowing man is useless and Nature buries him internally by appropriating inorganic instead of organic substance.

While the importance of harmonious thoughts and practice of hygiene should be remembered, the writer would emphasize the fact that only by becoming a conscious factor of evolution can man completely avoid the disease of old age.

Conscious evolution becomes possible by forming a mutual plan for the development of superior life, in the regenerative unity of man and woman. This is only a suggestion of a most valuable field of study, which can only be briefly mentioned here.

#### THE BODY ALWAYS NEW.

To realize that the body is always new, by virtue of continuous molecular renewal, is a splendid means of auto-suggestion for youthfulness. It was once thought that the body changed once in seven years. Science now demonstrates that the entire change takes about eleven months. Why suggest that your body is fifty or sixty years of age when it is new? One is being born anew continuously. What is there more vital in the New Psychology than the thought that one is ever new?

#### FREE USE OF FRUITS.

As a means of renewing youth, and promoting longevity, the abundant use of fruit is to be commended. The perfect distilled water in fruit, of nature's own distillation, immediately tends to dissolve the calcareous lining in the arteries, and similar deposits throughout the tissues. Once these salts are in solution, they are removed from the body. The daily practice of eating at least one meal daily exclusively of fruits and well masticated nuts is to be commended. This is far superior to mixing the fruits with other meals.

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The young business man who adopts the methods of his competitors, who dresses his show windows in the same style, who studies and imitates them in every way, is not the one who becomes a great merchant; it is the one who dares to put in motion new ideas, and who attracts attention by his originality, that succeeds in his business. There is good advertising in originality.

\* \* \*

WHILE WE may be justified in a contempt for the egotist, we cannot but feel great liking and admiration for the true individualist.

## Contributors' Department

Matter for this department should be short and terse. Don't waste words. Don't send long communications. Boil them down. Open to all.—EDITOR SUGGESTION.

By KATHERINE R. FRANK, Utsaladdy, Wash.:—

I was looking over some old copies of SUGGESTION today and in the June, 1905, number found on page 298 some questions and opposite them the answers I wrote to each one then. I went over them and wrote different answers to some of them today. I have been "thinking" a little since I commenced to read SUGGESTION, two years ago. Here are some of the questions and the answers I wrote last June and now, March, 1906:

1. Do my intellectual powers broaden and deepen day by day?

Ans.—1. I think so. 2. Yes.

2. Do I ever change my opinions?

Ans.—1 and 2. Yes.

3. Will my present opinions be worth much 500 years hence?

Ans.—1. No. 2. I don't know.

4. Do I pay for the room I take up on the earth?

Ans.—1. I hope so. 2. Yes.

5. What do you think of the idea of Ella Wheeler Wilcox that we need only one creed, "Be kind"?

Ans.—1. It is good. 2. We need two creeds; the other is "Think."

6. Am I fulfilling the part intended for me in the universal plan?

Ans.—1. No. 2. I am trying hard to find out.

9. Is the spectacle of a President of the United States killing wild animals with dogs and rifles an edifying one? Does it show a spirit of fair play?

Ans.—1. A matter for individual opinion. 2. Does the fact that he is "President of the United States" make his action a more (or less) "edifying spectacle"?

14. Is civilization a success?

Ans.—1. In part. 2. Too hard for me.

15. What is the basic cause of want and misery in the industrial world?



Ans.—1. Selfishness. 2. More selfishness.

17. If you saw a new idea in the dark would you shy?

Ans.—1. I don't think so. 2. I'd embrace it.

19. Do you know what it means to be "hungry by the clock"?

Ans.—1. Yes. 2. One of the hardest habits to break I ever butted into.

20. Do you know that you can increase your memory, your will power, concentration, determination, just as easily as you can develop your forearm?

Ans.—1. I suppose so. 2. Thanks to inspiration and information obtained through reading SUGGESTION I know it.

21. Would you perform a kind act, knowing that no one would ever give you credit for so doing?

Ans.—1. I hope so. 2. Yes, yes.

22. Suppose we represent the mental force of Gladstone or Lincoln at 100. On such a scale what would your rating be?

Ans.—1. Seven. 2. About 1½.

Did you ever send the name of a thinker to the office?

Ans.—Never thought of it.

Why don't you do it now?

Ans.—I am going to, this very day; and may reading SUGGESTION do the people whose names I send as much good as it has yours truly.

(Note: She sent the names.—Editors SUGGESTION.)

\* \* \*

THADDEUS BURR WAKEMAN, Coscob, Conn.:—

On page 758 of your January issue you close a notice of my Birthday Lecture, "Science is Religion," thus: "The Monistic doctrines are *essentially* the doctrines of Materialism."

But they are not; and we ask that this error, probably inadvertently made, be corrected. They are the doctrines that are, the facts, methods, laws and results of science, and of nothing else.

The title of that lecture, "Science is Religion," indicates the truth. Haeckel, Huxley, Tyndall and all Monists and Scintists down to my humble self protest against being called materialists.

\*\*\*\*\*  
 \* Sloth, like rust, consumes faster than labor \*  
 \* wears.—Franklin. \*  
 \*\*\*\*\*

# HYGIENE

Last September the New York World inaugurated a contest relating to health rules, and the first prize for the ten best rules was awarded to Robert Spilman, 17 McTavish St., Montreal, Canada. Mr. Spilman has evidently been reading SUGGESTION to advantage, for his rules have been advocated in this magazine ever since the first issue; his very excellent rules are as follows:

1. Think healthy thoughts.
2. Breathe deep and always through the nose.
3. Drink plenty of water between meals.
4. Eat moderately—masticate thoroughly.
5. Work hard and bathe often.
6. Relax both mind and body one hour every noon.
7. Associate with healthy people.
8. Study the "Law of Thought" and apply its teachings.
9. Relax every limb and muscle before dropping asleep.
10. Sleep in a cool, clean, well-ventilated room, eight hours at least out of every twenty-four.

[One of the most essential means of prolonging the activities of the body—drinking a sufficient quantity of pure water daily—has been overlooked by the author of the above rules. The elimination of the waste material of the body is essential to health, and without an abundant supply of water, this elimination is retarded and serious disturbances follow. No health directions are complete if the water question is omitted.—EDITORS SUGGESTION.]

**I**F people would take less nutrition and drink more water, there would be less rheumatism, gout, eczema and neuralgia in the world. The most frequent cause of these derangements is an excess of nutritive materials. The blood is surcharged with salts that are not needed in the system.

The doctors are trying to remedy these diseases by giving something to eliminate the salts, such as purgatives, diuretics and solvents of various kinds. The rational way, however, to cure such affections is to stop the cause. Drink more water, eat less meat and concentrated foods. This shuts off the supply of urates in the blood.

Those who take active exercise in the open air every day require a greater amount of nutrition. Not only do they use up the nutritive materials in muscular exercise, but the amount of oxygen inhaled because of their activities thoroughly oxidizes the urates and changes them into urea. If the blood is loaded with urates they are very likely to crystallize, especially in those portions of the body where the circulation is the least and the temperature the lowest, such as the elbows, ankles, the toes and fingers.

Drink more water, eat less food. This is a prescription that is worth more to such people than all the drugs in the world. Shut off the source of urate poisoning, and the effects of urate poisoning will disappear.—*Medical Talk.*

## Outdoor Cure for Pneumonia Babies.

Last February the daily papers contained accounts of the outdoor cure for pneumonia used in New York. Many people imagine that exposure to the outside air would kill an adult suffering with pneumonia—but the treatment not only did not kill babies, but the youngsters got well. The accounts stated that on the broad brick roof of the Presbyterian Hospital a most remarkable thing was accomplished; the accounts continued:

It is the simple remedy—cold, fresh air, with plenty of sunshine mixed in with it—in the treatment of children suffering from pneumonia. They are put out on the open roof, lie in beds there even when the day is as cold a one as it was on Tuesday, when the mercury hovered close to the zero mark.

This treatment is no sudden experiment. It is the result of careful study and common sense thinking on the part of physicians who have had years of experience with all sorts of pneumonia cases.

As the outcome of their experiences and their observations, they have arrived at the conclusion that if a pneumonia patient is wrapped up well—special care being taken to keep the feet warm and dry—and allowed to drink in all the fresh air and sunshine possible nature will work its own cure.

There are four cardinal points to consider in this new treatment of pneumonia and these, as explained by one of the physicians in attendance at the Presbyterian Hospital, are:

*First*—That a fever patient with a dry skin does not catch cold, particularly when the air strikes upon the oval of the face.

*Second*—That it is imperative to keep the feet warm.

*Third*—Give water, plenty of it, in small quantities, cool and fresh. It refreshes and facilitates natural elimination. Water inside and outside and plenty of it.

*Fourth*—Easily digested food should be given.

The hospital stands in the open, with no ugly skyscrapers or unsightly buildings hemming it in.

Every baby that can walk is either laughing or smiling and the pink is in their cheeks. The babies who are not yet able to be on their feet lie contentedly staring toward the blue sky, seemingly grateful for the cool breezes that came their way.

Not a single one of all these babies whimpered as the result of cold noses or ears.

It is now nearly ten months since this plan of putting little pneumonia sufferers on the roof was first carried out. In that time there has been just one death. This was of a six-months-old child who had rickets, double and extensive pneumonia.

### OPPORTUNITY

Send forth your heart's desire and work and wait—  
The opportunities of life are brought  
To our own doors, not by capricious fate,  
But by the strong compelling force of thought.

—Ella Wheeler Wilcox.

# Newspaper Psychology

## Goes 6,000 Miles in Trance.

CALIFORNIA TRAVELER HAS STRANGE AWAKENING IN LAND OF KANGAROO.

SYDNEY, January 6.—A curious lapse of memory of an American just arrived from California is reported. The traveler intended to join his family at Los Angeles. He remembers arriving there, but has no recollection of what happened afterwards. He awoke to find himself lying under a tree in the Australian bush, and was immensely astonished at seeing around him many unknown forms of vegetation. He noticed that his hands were hard and rough, though he had never consciously done a day's hard work.

A bullock driver passed him shortly after his awakening, and he at once inquired the way to Los Angeles. The man stared in astonishment, and answered that Hill End was the name of the nearest township.

The man without a memory thereupon asked the date, and was told that it was late in October, and that he was in New South Wales. He worked his way to Sydney, hundreds of miles, and is now trying to obtain employment here to get the money to return to his family.

\* \* \*

## Dreams Twice Told of Her Coming Death.

LAWRENCEBURG, Ind., January 6.—The body of Mrs. Nettie Martin Holmes, aged thirty-nine, was brought here from her late home in Witt, Ill., and interred in the family burying ground in Manchester township. Mrs. Holmes was accidentally shot by her son while he was attempting to draw a loaded shell that had become lodged from his gun.

It is authentically stated by relatives that she foretold her death, having been warned in dreams on three successive nights, which she related to them. On the first two nights dead relatives appeared to her while she slept, and on the last night a black-robed figure of death stood by her beside holding a taper. While it beckoned the taper suddenly went out.

She interpreted the visions as meaning that death was near.

\* \* \*

## Boy Unable to Stop Running.

TRUANT FROM SCHOOL BECAUSE, AFTER ONCE STARTING, HE CAN'T CEASE.

PITTSBURG, February 7.—Andrew Roebuck, aged 10, a pupil at the Lawrence public school, is to be examined tomorrow by physicians to determine why he cannot stop running. The examination is being made at the request of Professor J. Paul Graham, principal of the school. His pupil has run the truant officer almost to death in chasing him.

The boy is not a willful truant, but if he starts to run when he leaves home in the morning he cannot stop until he becomes exhausted. This, of course, carries him past the schoolhouse. Professor Graham says the complaint is genuine, and not similar to that which afflicts many boys who do not want to attend school.

Recently the boy started to run when he left home and was found that evening, completely exhausted, at Fayetteville, Washington county, twenty-three miles away. He had run all the way.



# Our Exchange Table

## Echo or Voice, Which?

**A**RE you an echo or are you the voice? Because your brother said it was so does that make it a fact, or will you discover for yourself?

So long as you want to take it all for granted you will have an easy time of it. But let you raise a question and you will be criticized. Let you propose a reform and you will have the pack yelling at your heels.

People hate to be disturbed.

They like the beaten track.

They like the good old way, the good old style of doing things, but let some strong man come out of the rut and announce his belief and they will call him a crank and a freak and a fool.

In the older days they used to burn, to behead and crucify the dissenting voice, but today they call him names and caricature him in the papers.

Are you the voice or are you somebody's echo?

Are you the echo of the last book you have read, the last man you have talked to, of the last sermon you have heard? And you, parson and Sunday school teacher, are you the echo of John Knox, Wesley, Calvin or Canterbury?

What is truth?

Can any man hedge it about with a creed? Can any man corral it as one would a broncho?

There are lots of people who pose as the real things in the world, when they are shams and cowards.

They know the truth, but the fear of man pursues them and they drop.

They are not true to themselves.

They would like to pray in prayer meeting, only they are afraid; they would relish a good glass of beer, but they haven't got the spunk to go in the front door, so they slide in the back way.

They are the echoes in life.

They are the fellows who do the cheering at the meetings, the hurrahing at the processions while the voices are in the committee rooms.

Are you a voice in your church or are you the echo?

Are you a voice in your lodge, or the echo?

Are you a voice in your city, town or village, or tell, are you only an echo?

The world has few voices.

But listen! There are echoes everywhere.—CHARLES F. RAYMOND, in the *Raymond Record*, Oakville, Ont.

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Concentration is the means whereby the individual escapes from the bondage of forms and enters the Peace.—Annie Besant.



## REVIEW NOTES



Authors or publishers of books dealing with subjects within the field covered by SUGGESTION are invited to send short review notices (with copy of book) which will be inserted in this department.

. . . IN THIS department will appear notices or reviews of all books relating to psychic research, occult phenomena, suggestive therapeutics, the law of suggestion, nature cure, health, the food question, advanced hygiene, practical psychology and allied subjects. Those who wish to keep in touch with the latest thought on the above subjects should watch this department.

. . . PUBLISHERS and authors are invited to send copies of books dealing with subjects within the scope of this magazine.

. . . ALL BOOKS mentioned in this department may be ordered through this office.

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AD SENSE, a Magazine for Business Builders, is a publication which all our subscribers who are interested in Advertising, Salesmanship, Buying or any other branch of Business Building should read.

It is published monthly by the AD SENSE PUBLISHING COMPANY, Marquette Building, Chicago. The famous "PICCOLO LETTERS TO SALESMEN" are a feature of the book, a new Letter appearing in each issue. These Letters are part of the best Salesmanship literature in existence.

There are regular departments in AD SENSE devoted to Department Store Advertising, Small Retail Store Advertising and Window Trimming.

At least two feature articles, copiously illustrated upon interesting Commercial topics, appear in each issue.

The subscription price is \$1.50 per year. Sample copies are forwarded upon receipt of 15 cents in coin or stamps.

\* \* \*

PSYCHIC DEVELOPMENT, by Emmett Gratton Bennett, Atlanta, Ga. In concise language this book explains Occult Phenomena and teaches its use in the attainment of Health, Success and Influence. The wisdom of many books in one.

Part of Contents: Personal magnetism; Vibrations; Developing Intuition; Writing Under Inspiration; Magnetic Healing; Mental Healing; Hypnotism. Price, 50 cents, by mail.

## AUTOLOGY (STUDY THYSELF) AND AUTOPATHY (CURE THYSELF).

BY E. R. MORAS, M. D., GRADUATE OF HARVARD UNIVERSITY MEDICAL SCHOOL '88; OF COLLEGE OF PHYSICIANS AND SURGEONS (CHICAGO)

Cloth and gold; price \$1.50; for sale by the author, 1401 Washington Blvd., Chicago.

Dr. Moras' book is a valuable contribution to the naturopathic literature of the day, and he emphasizes and brings out very clearly the point that right eating means health and wrong eating means disease. The doctor does not touch upon the psychology of health; the question of mental attitudes, thought power, etc., the influence of suggestion upon digestion, assimilation, etc.; the vast field occupied by suggestive therapeutics he leaves for others. The subject of bathing, exercise, mastication, water drinking, clothing, etc., are only noted incidentally or not at all, as the doctor sticks very closely to his text, which is that good food makes good blood.

The following paragraphs by the author are taken from a prospectus of the book:

### HOW TO RAISE BRAINS AND MINDS.

I mean it just the way it reads—the way gardeners mean when they say, "How to Raise Plants and Flowers."

If you want to know "How to Live"—

If you want to know "How to Get Well"—

If you want to know "How to Stay Well"—

If you want to know "How to Keep Youthful and Useful and Brainful"—

If you want to know a hundred or more other "way-ahead-of-the-times" common-sensely helpful things for your own physical-self and mental-self GOOD send for my new book called

### AUTOLOGY AND AUTOPATHY.

That is, Study Thyself, that you may know and understand How to Cultivate and Cure, as well as How to Fertilize and Improve, your Organs and Functions.

That is, Cure Thyself physically. Cure your own brain-matter and mind and nerves, your own liver-matter and bile, kidney-matter and urine, your own stomachs and bowels; in a word, cure all your own organs and functions with the identical-same light, air, water, fruits, vegetables and other foodstuffs, etc., that have helped to make you sick, or deficient in other ways,—because you have not made proper use of such things, etc., etc.

This book is worth more to you, well or sick, than money can buy—

It chats with you about your own self in ways that are unique and interesting, and it tells you things that you'd like to know about staying well and getting well; about "raising" high-grade brains and minds as well as first-class livers and bile, or kidneys and urine, or stomachs and juices, etc.

This book is not merely a book which you can quiz and consult and listen to right in your own home or room or bed, but it is a book which

imparts to your own mind the knowledge and understanding of the likenesses and differences between the good and bad functions of all your organs and tissues and juices, in health and in sickness; a book which does not bother you with anatomy or physiology, or with theories and hypotheses, or with technicalities, etc.; but a book which contains a tang and a brand of more advanced, reliable, sensible, useful and utilizable information and advice than is obtainable elsewhere or in any other book or books. That's saying much, I know. Yet, that doesn't begin to tell you what value that book contains for you—whoever you be. Indeed, its value to you is priceless in and for any and all your conditions of health as well as of sickness; in your retaining as well as in your regaining healthfulness, usefulness and happiness.

\* \* \*

THE EQUITIST; devoted to Equal Freedom and Annular Evolution: an open forum in which readers discuss with the editor every phase of sociology; clear, logical discussion of principles and remedies insisted upon; the Child Study Circle especially interests women, and the Book-Lovers' Club appeals to authors, publishers, and lovers of literature; religion, mythology, language, occultism, theosophy, etc., scientifically treated; issued weekly when possible; 16 pp. magazine size; \$1 for 52 numbers shorter time same proportion; samples on application. Warren Edwin Brokaw, Editor, Station A, Pasadena, Cal.

\* \* \*

MENTAL AND PHYSICAL CULTURE. Price 40 cents. By Aumond C. David, 993 New Hampshire St., Los Angeles, California.

This little book is published in the form of a chart of 16 pages. Its object is the development of physical harmony and strength while the vital forces are abounding with childish vigor. It is a book of instruction for children, to be applied by the direction of and participation in the childish fun. An original and valuable feature of the work is that the children enter into it with all the enthusiasm of play, thus leading the utmost of exuberant spirit into channels of use that will continue to profit and increase throughout the years, and, what is even more, that will increase the years. There are 24 of these exercises—with many variations—illustrated with photographs from life, and with full directions for their use. They are designed to cover the whole period of childhood and youth. All who are in any way interested in, or responsible for the highest welfare of children, would doubtless find this chart of exercises and methods of greater simplicity, interest and utility than many of the nursery or kindergarten pastimes or drills commonly maintained at much greater expense.

\* \* \*

THE DIVINE MAN, by Joseph Ware; The True Light Pub. Co., Mechanicsburg, O.

The publishers make this statement concerning the book:

Our aim has been to embody in *The Divine Man* the latest conceptions of truth. The plot centers in the Transfiguration. In it the world's advance is shown from chaos to the coronation or perfection of life—the design of the Creator in the beginning. Through it all runs theistic evolution. Finally the human race will, through the Christ spirit, be raised above what now appear to be insuperable earthly limitations, and reach the state contemplated in its original plan, where life will be untrammelled, progress unimpeded, heaven wherever man is, and love the master spirit of all.



## Join Our Sex Class for 1906

We wish to add many thousands members to those who went through the 1905 course of reading on this important subject. Our writers and teachers are among the deepest thinkers on the subject in America.

### SOUNDVIEW

Is a magazine—not afraid of an idea, and is one of the most vital of the "New Thought" publications, while distinctly in a class of its own.

### SOME SOUNDVIEW SPECIALS.

1. SOUNDVIEW one year and a cloth bound copy of "Wildwood Philosophy," \$1.00.
2. SOUNDVIEW one year and all the back numbers containing the "Sex Symposium" (only a few sets left), \$1.50.
3. A six months' trial trip 25 cents.
4. Two copies of SOUNDVIEW, SOUNDVIEW, JR. (containing more specials), and a sex poem by Edward Purinton, 10 cents.
5. If you can't take our word for it, and none of these offers pleases you, just go to the news stand and buy a copy for 10 cents. \$1.00 per year. The Evergreens, Olalla, Wash.

### CITY OF LIGHT ASSEMBLY.

The City of Light Assembly at Lily Dale, N. Y., will hold its sessions next season from July 13 to September 2.

Arrangements have been made for the ablest speakers, finest singers, and best music they have ever had, and it promises to be a most successful season.

There will be a special Woman's, Peace, Press, Temperance, Labor and Young People's Day, when some of the able orators of the country will be heard.

Special low excursion rates have also been arranged for with the railroads.

## Naturopathic College

The Naturopathic Institute and College of California, incorporated in Los Angeles, 556-558-560 South Hope street, is centrally located two blocks west of Central Park, in the heart of the city, and is connected with the Naturopathic Sanitorium of California. The branches taught are all in harmony with Nature. The object of this college is: to teach and embody true learning, principally to study Nature, Mind and Man, to interpret Nature and to teach Naturopathy in its theoretical and practical modes of restoring and maintaining health.

The various systems of Nature cures are taught.

The Materia Medica of the Naturopath consists of Light, Air, Water, Clay, Heat, Sun, besides Exercise, Rest, Diet, Electricity, Magnetism, Massage, Physical and Mental Culture, Osteopathy, Chiro-Practic, Orthopedic Surgery, Suggestion and Herbs. All these branches are studied in the college, besides Hygiene, Botany, Chemistry, Anatomy, Physiology, Pathology and Obstetrics.

The Naturopathic Physician is the Physician of the future. He does not claim that Hydropathy, Osteopathy, Chiro-Practic or Electricity will do it all, but he studies and uses these Therapeutics, and if there are new agencies discovered he will study those, and if found to be beneficial he includes them in his Materia Medica.



## Business Talks

BY THE MANAGER



### Taking Iron and Gold from Sand.

The attractive advertisement of the BLACK SAND AND GOLD RECOVERY Co. which appears in this issue is worthy of the special attention of the readers of SUGGESTION.

SUGGESTION has been kept unusually free from speculative enterprises, particularly mining enterprises, unless the editors were thoroughly satisfied the enterprise was legitimate and could back up the claims made for it. Many pages of advertising have been turned away on this account, but the Black Sand Company, its enterprise and its officers are well known to the editors of SUGGESTION. The inventor, Mr. Lovett, is an old friend of the editors and has lived for twenty years within a stone's throw of the SUGGESTION office on Drexel Boulevard.

Your editors have known all about the Lovett process for recovering iron, gold, and other valuable minerals from the Black Sands for nearly three years, but Mr. Lovett would not offer his process to the American public until it had received the endorsement of the Government.

Now that the United States Government itself has shown the great values to be recovered from the thousands of miles of the black sand beds of the Pacific Coast, Mr. Lovett, who held the only key to unlock the fabulous wealth of the black sands commercially, has turned over all his rights to this key to the Black Sand Company. It is positively known to the editors of SUGGESTION that sufficient money has already been raised to erect the first plant, but other plants will be erected at other locations and the readers of SUGGESTION are invited to become stockholders in the parent company which undoubtedly has a great future before it. Readers in the vicinity of Chicago will be well repaid by calling at room 1512, Marquette Bldg., to see the machine in actual operation, separating the iron from the sand. The machine seems supernatural in its operation in spite of its simplicity of construction and its durability.

Write for a prospectus. Address Fiscal Agent, Black Sand & Gold Recovery Co., Room A, 1510, Marquette Bldg., Chicago, Ill.

Don't hesitate to call personally to see the machine in operation. You will be cordially welcomed whether you can become a stockholder or not.

#### THE VALUE OF A MINE.

A mine of any nature is only a "prospect" till its ore is block out on three sides. Even then in order to pay the ore must contain certain values and proper machinery must be found to work the ore. Ore differs in different localities so that machinery or a process which can be worked profitably in one locality may prove useless in another locality, and many mines containing big values in their ore bodies are lying idle today because no process has yet been discovered that will take out the values commercially.

The Black Sand and Gold Recovery Co. has a mine containing great values with the ore virtually blocked out on six sides and a perfect method for handling it. There are seven thousand miles of these black sands on the Pacific Coast at the disposal of the Black Sand and Gold Recovery Co., and the United States Government itself has estimated and published the figures of the values in these Black Sands. For this reason an investment in the stock of The Black Sand and Gold Recovery Co. is a good solid investment, not a speculation. See the two page advertisement in this issue of SUGGESTION.

#### A RESULT OF THE SAN FRANCISCO HORROR.

As a result of the terrible fire at San Francisco there will be a demand for millions of tons of structural steel in San Francisco and the Pacific Coast; at present every pound of steel and iron used on the Pacific Coast is brought from Pittsburg, Pueblo or Glasgow.

The Steel Trust, which it is said, is already six months behind in filling its usual run of orders, cannot sell this steel on the Pacific Coast for less than \$45 per ton on account of the heavy freight rates between Pittsburg and the coast.

Within five months the Black Sand and Gold Recovery Co. will be turning out steel on the Pacific Coast for less than \$12 per ton, besides saving big values in gold. This has already been demonstrated commercially by the United States Government and the Black Sand and Gold Recovery Company which is now erecting a large plant has a monopoly on the process through its various patents.

You better read the five page advertisement of the Black Sand Co., in this number of SUGGESTION, send for its prospectus and get

some of its stock while it can be purchased at the present low figure. Today you can get a share of 8 per cent preferred stock and one share of common stock—both for \$1.00. You will be fortunate if you can buy this stock for \$1.00 per share within six months while just now you can get two shares for \$1.00. See advertisement.

### New Thought Summer School.

HENRY HARRISON BROWN, Editor of *Now*, 105 Steiner St., San Francisco, Cal., announces that a New Thought Summer School will be opened from May 1st to October 31st, at "Now Folk Mountain Home," near Glenwood, Santa Cruz county, Cal. All are invited to visit this beautiful retreat in the midst of the grand and inspiring mountains and grand redwoods. This is an ideal place to spend a day or a month. The scenery, environment, social and educational privileges will be inspiring and uplifting. Instruction will be given in the entire range of New Thought and Advanced Thought topics, including the law of Suggestion, the Art of Living, Concentration and allied subjects. Address Mr. Brown for additional information.

\* \* \*

### Now the Deaf Can Hear.

If you are deaf or hard of hearing, here is some good news for you, providing your ear drum is intact. Science has found a way to intensify sounds so that the noise made by a fly walking over a piece of paper sounds like a horse galloping. Look in Webster's Dictionary at the word microphone:—

Microphone (mi-kro-fone) an instrument for intensifying and making audible very feeble sounds.

The Mears Ear Phone is a very compact and powerful microphone; in the language of the dictionary it is "an instrument for intensifying and making audible very feeble sounds."

It intensifies ordinary sounds so that they can be easily heard by those whose hearing is affected; very deaf persons can hear by means of the instrument mentioned; if any one can hear at all, the Mears Ear Phone will enable him to hear quite distinctly. Write for a booklet. Every statement made in the booklet is guaranteed. The instrument will be sent by Express with privilege of trial before buying.

There is no reason now why a deaf person cannot hear as well as any one. Write to the Mears Ear Phone Co., Stewart Bldg., Chicago, and tell them you want their booklet mentioned in SUGGESTION.

E. E. C.



## This, That and the Other

### She Quit.

BUT IT WAS A HARD PULL.

**I**T is hard to believe that coffee will put a person in such a condition as it did a woman of Apple Creek, O. She tells her own story:

"I did not believe coffee caused my trouble, and frequently said I liked it so well I would not quit drinking it, even if it took my life, but I was a miserable sufferer from heart trouble and nervous prostration for four years.

"I was scarcely able to be around at all. Had no energy and did not care for anything. Was emaciated, and had a constant pain around my heart until I thought I could not endure it. For months I never went to bed expecting to get up in the morning. I felt as though I was liable to die any time during the night.

"Frequently I had nervous chills and the least excitement would drive sleep away, and any little noise would upset me terribly. I was gradually getting worse until finally one day it came over me and I asked myself what is the use of being sick all the time and buying medicine so that I could indulge myself in coffee?

"So I thought I would see if I could quit drinking coffee, and got some Postum Food Coffee to help me quit. I made it strictly according to directions and I want to tell you that change was the greatest step in my life. It was easy to quit coffee because I had the Postum which I like better than I liked the old coffee. One by one the old troubles left, until now I am in splendid health, nerves steady, heart all right and the pain all gone. Never have any more nervous chills, don't take any medicine, can do all my housework and have done a great deal beside.

"My sister-in-law, who visited me this summer, had been an invalid for some time, much as I was. I got her to quit coffee and drink Postum. She gained five pounds in three weeks, and I never saw such a change in anyone's health."

"There's a reason."

## Chiropractic and Osteopathy Dissimilar.

BY DR. D. D. PALMER, DISCOVERER AND DEVELOPER OF CHIROPRACTIC,  
PRES. THE PALMER SCHOOL OF CHIROPRACTIC (CHIROPRACTIC'S  
FOUNTAIN HEAD), DAVENPORT, IOWA, U. S. A.

"Practice of Osteopathy," by E. H. Laughlin, in answer to the question, "Where look for bony lesion in whooping cough?" says, "Along the upper, middle and lower cervical vertebrae. The clavicle, first rib, and the first and second dorsal vertebrae are also often found displaced."

Chiropractors look for and find one dorsal vertebra luxated in all cases of pertussis; they find no other displacements.

He then says, "Give the treatment for whooping cough," and answers it thus: "Relax all tissues involved, remove the lesion, free the circulation about the larynx and whole respiratory tract, stimulate the lungs, raise the clavicles and ribs, and remove all sources of irritation to the laryngeal innervation. To relieve the cough, treat down along the larynx and trachea, and about the angle of the jaw. A general treatment should be given to avoid the complications and sequelae that may arise. The patient should be carefully protected from changes of temperature. During the catarrhal or febrile stage the patient should be confined to the bed. The diet should be light and nutritious. Hygiene is an important factor."

The Osteopaths give lengthy treatments; the Chiropractors do not treat at all, but instead adjust luxations, which takes but a moment. Thus being an acute disease—the displacement of recent date—it requires but ONE chiropractic adjustment.

Wherein is there any similarity?

Dunghlison's Dictionary says of whooping cough: "The cause cannot be removed." R. Dunghlison and T. L. Steadman were not acquainted with Chiropractic.

[I refer you to this School's advertisement in the rear, in which they mention their monthly magazine, THE CHIROPRACTOR, 50c per year; also state they will send over 100 pages of literature with each subscription.—E. E. C.]

# Kosmos Hygienic Institute

## Kneipp Water Cure Sanitarium, Chicago



THIS is an institution for the prevention and permanent cure of all acute and chronic male, female, and children's diseases without drugs and operations, by the simple means of NATURE CURE, as pure natural food, cold water treatments, sun and air baths, physical culture, magnetism, etc. All those who have been vainly seeking for relief from their various ailments by the old ways of healing and who feel that they are not yet ripe for the eternal rest, should carefully read the following. By giving Nature Cure, pure and simple, a fair trial, they will soon find that they do not get "stones instead of bread," and be spared other disappointments.

Drugs never heal; they only suppress symptoms which always appear in the form of pains, fever, eruptions, etc., when the laws of nature have been grossly violated. The old school of medicine has a thousand different remedies for as many ailments. One disease is constantly substituted by another. The system is saturated with drug poisons which momentarily stimulate the organs, but in time seriously impede vital action, causing chronic diseases in their various forms and endless suffering.

The natural method of healing always aims to clean the entire system and to increase its resistive power against injurious influences.

The organs of the body are inter-dependent and we cannot injure one organ without affecting the others. All healing must come from within and every sick organism can only recover if it is put under the same conditions which are necessary for the perpetuation and propagation of organic life in general. These are in their natural order as follows: Sunshine, fresh air, water as drink, fruits as food, exercise, and rest. Only if these are properly used, water may be employed as a specific healing factor in the form of baths or ablutions, but always in its natural temperature, neither artificially heated nor cooled. In short, we teach and practice the great and universal truth that the preservation of health is only a matter of living in perfect harmony with Na-

ture. The Supreme Intelligence which develops an invisible cell into an organism of the most wonderful perfection, certainly knows how to restore health if not hampered in her wise but often misconstrued ways.

As there is but one cause of disease—violation of nature's laws—there is but one remedy; a natural and rational mode of living.

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Treatments given to patients not staying at the Institute, \$1.00.

Complete diagnosis from the eye and consultation, \$2.00.

Full advice given by mail, \$2.00; send for question blank.

Hours for consultation.—Daily, 8-10 a. m. and 4-7 p. m. Saturday, 1-3 p. m., free of charge.

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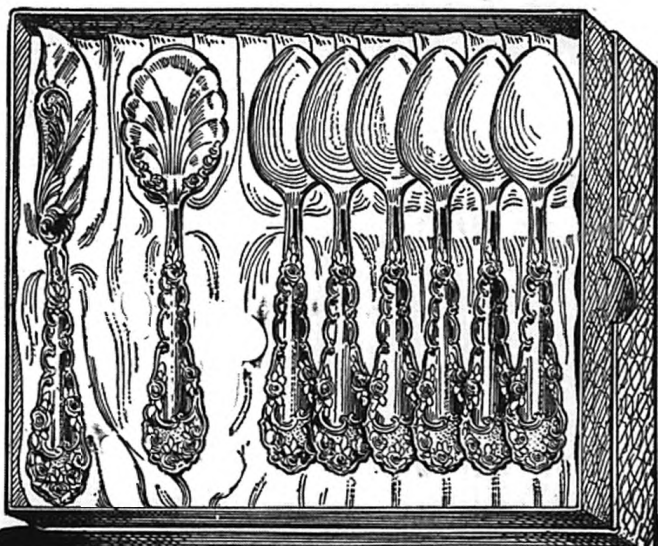
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